



Coming Events

Fri 3 May	Bugwatch
Wed 15 May	P&C Meeting 3:15pm
Fri 17 May	Wolumla Zone XC
27-30 May	SCLC Music Camp
Fri 21 June	Athletics Carnival Candelo

Welcome back to school and Term 2. I hope that everyone was able to enjoy the holiday break in some way or another.

It has been a very busy and exciting start to Term 2, with "jobe" the beatboxer visiting our school for a great incursion to set the beat and rhythm for the term. This was a great display of musical skill and all the students enjoyed it alot. Today we had the school cross country, which is always an exciting day and tomorrow we have an incursion with Bournda to undertake our annual Bug-watch adventure to assess the health of our river. We greatly appreciate Bournda coming out to the school to undertake this study with us. It is always a fun day and we learn so much.



As you may know, I have not been at school this week. I tested positive for Covid last Sunday, but regardless of what label it is given, I have been very sick and unable to attend school. In the same way that we ask you to keep your children home when they are sick, staff do the same. It is always disappointing to miss time at school but particularly for the start of a new term with so many exciting things going on. I am extremely thankful to the amazing team at Towamba who have all taken on extra work and activities to cover my absence and allow me the comfort of recovering without extra worry. I look forward to being back on board as soon as I am well.

Reminders

Unfortunately this term, I will be offsite for a number of events, including mandatory professional learning, principals conference, network day and a few others. Whilst I am offsite on school business, I remain in regular contact with the staff and am always available to be contacted. As indicated this week, I have a remarkable staff who rise to every occasion to support me, our students, each other and the community. The support makes it possible for me to connect with other principals and schools for these mandatory events and I am very grateful.



I look forward to seeing everyone on Monday.

Ms Barrow

Cross Country

Students ran the Towamba Cross country today up at the hall sportsground. A big thanks to all the parents and carers cheering the kids on and helping out.

We will be having the Towamba cross country ribbon presentation at morning assembly tomorrow - all welcome to stay for that. Well done to everyone demonstrating your persistence and courage! We will pop some more pics on the school Facebook page soon.

From today's results, some of the runners aged 8 this year and older will be selected to participate in the Zone Cross Country at Wolumla on Friday 17 May. A permission note will be sent home next week for those students.

Attached:

- Wolumla Fireworks
- Walk Safely to School Day

Zone Cross Country

The Zone Cross Country is run at Wolumla Rec Ground on Friday 17 May. Parent transport will be required, and parents also need to stay with their child and listen out for announcements. The day starts at 11am with a walk around the course before different age events. More information will be on the note, and the consent note will be on School Bytes when ready.

Water Bug Survey

tomorrow

Bournda staff will be visiting our school tomorrow for the Autumn Water Bug survey. All students are involved and we will be walking down to the river.

Students should bring gum boots or old shoes they can wear in the water when wading for sampling. A small towel for drying off feet afterwards is also recommended. Any students unable to follow safety expectations will sit out the event.

Scripture

Mr Dixon will be back at Towamba next week for his fortnightly Scripture Café visits with the scripture students.

National Simultaneous Storytime

Wednesday 22 May

The National Simultaneous Storytime (NSS) book for 2024 is Bowerbird Blues by Aura Parker. We have two copies here at school. Bowerbird Blues stars a beautiful bowerbird on the search for (you guessed it) BLUE! It's a moving story of longing and connection, that unfolds as the bowerbird's search sends him soaring across the sea, sky and city. He swoops and snatches vibrant treasures for his collection, and soon his bower – a mix of natural and unnatural objects – attracts something greater and more fulfilling than he could ever have imagined.

Bowerbird Blues is an outstanding and visually appealing picture book, and a wonderful book to share across a wide range of age groups.

Last year NSS saw over 2 million kids reading on the day. "When we read together it helps language development, learning and literacy, all while building community. It's also a lot of fun.

National Simultaneous Storytime takes place in schools, libraries, childcare centres and more each year. We look forward to being part of it here at Towamba.

Music Camp

In week 5 we have one student that was successful with their expression of interest for the SCLC Music Camp coming up in Week 5 at Kianinny Cabins Tathra. It's always a very inspiring few days culminating with a showcase concert in Bega on the last evening. Have fun Jere! The P&C have generously offered to pay half the camp costs, similarly for those students attending the elective Creative Arts camp later in the year.

Small Schools Athletics Carnival Friday 21 June

The carnival this year will be hosted by Candelo PS at Candelo oval. All students from the small schools like Towamba, Wyndham, Bemboka, Tanja and Candelo participate with the younger students enjoying various group activities, and the older students competing in track and field events. The date for your calendar is Friday 21 June. A great day to come along and cheer everyone on. Parent helpers are also greatly appreciated in many roles. Candelo P&C will be running a canteen. More information soon.





P&C News



FRIDAY Lunches

Plain meat pie	\$4.00
Gluten Free pie	\$4.50
Cheese/Bacon	\$4.50
Chicken/mushrm	\$4.50
Special pie	\$4.50
Vege pastie	\$4.00
Sausage Roll	\$3.50
GF Sausage Roll	\$3.50
Mini Pizza	\$2.50
Ham & Pineapple/Ham & Cheese	
Juice or Flav Milk	\$1.50

- Write your order on a paper bag
- Mark your payment total and payment method on the bag
- Correct money appreciated

SPECIAL Pie choices this term

- TBA

TERM 2 Meeting

All welcome to our Term 2 meeting to be held on Wednesday 15 May in the MPR from 3.15pm.

Friday lunch orders

We are looking for volunteers for this term. If you can help out contact Lindy on 0415 964 144 or let the school know.

Uniforms

New jumpers have arrived, so there is now a full range of sizes. Updated price is \$38 for the new jumpers. Older stock jumpers (in smaller sizes mainly) are still \$30. All shirts are still just \$10 each.

Payment online to the P&C is preferred but it's a good idea to check what options we have in stock before paying.

VOLUNTEER ROSTER

tomorrow: Steph



Fri 10 May- VACANT
 Fri 17 May- VACANT
 Fri 24 May- VACANT
 Fri 31 May- VACANT
 Fri 7 June- VACANT
 Fri 14 June- VACANT
 Fri 21- Athletics
 Fri 28 June- VACANT
 Fri 5 July- VACANT

Towamba P&C Account details

BSB: 062 647 Account number: 0090 0797
 Towamba P&C Association

Contact the school once paid and the items can be sent home with your child.

P&C School uniform sales



SCHOOL HOODIES
 some sizes \$30
 or new ones
\$37.50



SCHOOL SHIRTS
\$10

TERM 2 Friday Lunches

TERM 2 LUNCH ORDERS NAME: _____

Yes I can help with lunch orders this term :-)

I have indicated my available dates and I can work _____ of those dates.

Friday 3 May Steph

- Friday 10 May
- Friday 17 May
- Friday 24 May

Friday 31 May

- Friday 7 June
- Friday 14 June

Friday 21 June Athletics Carnival

Friday 28 June

Friday 5 July

Community News



GARDEN PROJECT WORKING BEE

WITH SPECIAL GUEST COSTA GEORGIADIS

As part of the Cultural Gardens and Food Forest Project, at Jigamy, Twofold Aboriginal Corporation invites the community for a day of hands-on garden activities with a frequent visitor to the farm, Costa Georgiadis!

GOLD COIN DONATION FOR SAUSAGE SIZZLE LUNCH

ACTIVITIES

- Tour of the Cultural Gardens and Food Forest
- Garlic planting workshop with Robyn Rosenfeldt from PIP magazine
- Green manure 'cover' cropping with Dan Bakker of Eat Dirt Permaculture
- Lasagna garden demonstration

JIGAMY, EDEN
WED 8TH MAY
10AM - 2PM

FREE Event!
No Booking Required!
Kids Encouraged!

For further information, contact Twofold Aboriginal Corporation: 6495 6343
Check Twofold facebook page for event updates (i.e. rain)

Yoga and Meditation

Following the success of tai chi, there are now options for additional classes in Zen Yoga and Meditation led by Steve Chin at Towamba Hall. Zen Yoga is suitable for all ages and abilities and involves exercises that focus on breathing, stretching, flexibility and mindfulness. Meditation is a valuable skill to reduce stress and enhance wellbeing. Classes are \$15 a session. The options for Yoga are Sundays 3:30pm or Monday 2pm. Meditation class options are either Sunday 5pm or Monday 6pm (after tai chi). If you are interested you can add your expression of interest and have a say on your preferred times. Scan the QR code to be taken to an online form or text Nancy on 0407 075 456/after hours 6496 7075. Please have all EOI in by Fri 11 May.



Contact Steve Chin 0405 464 069 for more info.

Become A Mental Health First Aider

15-16 May at Eden Library. Two full days. No cost. Call 6499 2451. Only 3 spots left.

Support friends, family members, colleagues and others. About 1 in 5 Australian adults experience a common mental illness each year. MHFA training will teach you practical skills to support someone with a mental health problem. Make a real difference to people in your community.

Learn Practical First Aid Skills

- Recognise common mental health problems
- Provide initial help using a practical, evidence-based Action Plan
- Seek appropriate professional help, and
- Respond in a crisis situation

This is a 12-hour educational course for adults (from 9am - 5pm over two days). It is not a therapy or support group. For more information, visit mhfa.com.au/courses.

Standard MHFA Training Benefits are greater knowledge of mental illnesses, treatments and first aid actions, greater confidence in providing first aid, destigmatising attitudes and increased support for others.



SYDNEY WRITERS' FESTIVAL

MAY - 2024

Sydney Writers Festival Livestream
Tura Marrang Library 10am-5pm
Friday 24 May, Saturday 25 May
Lots of talks- scan the QR code for full details and book your tickets \$5 per session. Authors include Trent Dalton, Celeste Ng, Leigh Sales & Lisa Millar, AC Grayling and many more.



BE CREATIVE!

Be part of this years Plethora of Postcards at Spiral Gallery Bega. Create a postcard sized artwork- any medium- all ages. Special category this year is At Home.

Contact the school if you want more information or entry form paperwork. The exhibition runs from 28 June to 23 July.

Always worth a look!

SECCA Bega

- Ruth Maddison- an abundance of caution
- Bruno Booth- Body Shots



Towamba Rural Fire Brigade is running a Firewood raffle, with The lucky winner to be drawn on Sunday 26 May.

Win a uteload of firewood, thanks to Peter Knight. Tickets are 3 for \$5.

Available at the school office or from Maureen 3 Towamba St - phone 64967065